



**WELLNESS WEEKLY**

**APRIL 7, 2014**

**APRIL IS...**

- ◆ Stress Awareness Month
- ◆ World Health Day (April 7th)
- ◆ National Public Health Week (April 7-13th)
- ◆ National Testicular Cancer and Esophageal Awareness Month
- ◆ Alcohol Awareness Month

**What is a CSA?**

Community Supported Agriculture (CSA) is a pre-paid box of fruits and vegetables from a local farm. In the Homegrown Baltimore Employee Wellness CSA FarmShare, produce will be delivered directly to your office. Join the Homegrown Baltimore Employee Wellness CSA Farmshare! Contact Joanna Winkler at [Joanna.winkler@baltimorecity.gov](mailto:Joanna.winkler@baltimorecity.gov) to find out how to sign up.

**ALL WELLNESS EVENTS ARE:**

**FREE & OPEN TO ALL BALTIMORE CITY EMPLOYEES**

**For more information contact Lisa Evans, City of Baltimore Wellness Manager at**  
**Wellness @baltimorecity.gov**  
**Phone: 410 396-3872**

**This Week's Events:**

<u>Event</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>
Introduction to Mindful Meditation <small>(sponsored by Kaiser Permanente)</small>	Apr. 9	The Department of Human Resources 201 E. Baltimore Street, 5th Floor (across from Benefits Division) Room 5A  <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.
Baltimore Bike Rides (weekly)	Apr. 11- Oct. 31	War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202  <b>Registration Preferred:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.

**Coming Soon:**

<u>Event</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>
Yoga <small>(sponsored by United Healthcare)</small>	Apr. 16	Department of Human Resources 201 E. Baltimore St. 4th Floor, Room 450 Baltimore, MD 21202	12:00-1:00 p.m.
Feel Fine in Five: Stress Reduction <small>(sponsored by Aetna)</small>	Apr. 23	Department of Human Resources 201 E. Baltimore St. 1st Fl., Montebello Suite Baltimore, MD 21202	12:00-1:00 p.m.

**What is World Health Day?**

Celebrated on April 7th every year to mark the anniversary of the founding of the World Health Organization in 1948. Each year a theme is selected that highlights a priority area of public health. **The theme for 2014 is Vector-Borne Diseases.**

**What are Vector-Borne Diseases?**

Living organisms that transmit infectious diseases between humans or from animals to humans. Every year more than one billion people are infected.

- Mosquitoes are the best known disease vector.
- Others include certain species of ticks, flies, sandflies, fleas, bugs and freshwater snails.

**GOAL: Better Protection from Vector-Borne Diseases**

Raising awareness about the threat posed by vectors and vector-borne diseases stimulate families and communities to take action to protect themselves.

**This information provided by World Health Organization is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.**

**ATTEND A WELLNESS EVENT THIS MONTH AND YOUR NAME WILL BE AUTOMATICALLY ENTERED INTO A DRAWING FOR A FITNESS GIVEAWAY (YOU DO NOT HAVE TO BE PRESENT TO WIN)**